

## VI. Abstract of the Disclosure

Presented in one embodiment is a waist chain comprising a plurality of links; a plurality of coupling members which connect the plurality of links, thereby forming a chain with two ends; and at least one end connection member which is connectable to both ends of the chain such that the chain becomes continuous. The waist chain is positioned tightly around the waist of a person such that as the person's weight increases, the waist chain becomes increasingly tight. Presented in another embodiment is a waist chain comprising a plurality of links; a plurality of coupling members which connect the plurality of links, thereby forming a chain with two ends; at least one end connection member which is connectable to both ends of the chain such that the chain becomes continuous and at least one end link which is connectable to one or both ends of the chain and to the end connection member. The end connection member is a hollow cylinder comprising a side wall. Presented in another embodiment is a weight loss method comprising altering a person's food intake such that the person experiences weight loss; fitting the person tightly with a waist chain such that as the person's weight increases, the waist chain becomes increasingly tight. The waist chain comprises a plurality of links; a plurality of coupling members which connect the plurality of links, thereby forming a chain with two ends; at least one end connection member which is connectable to both of the ends of the chain such that the chain becomes continuous.